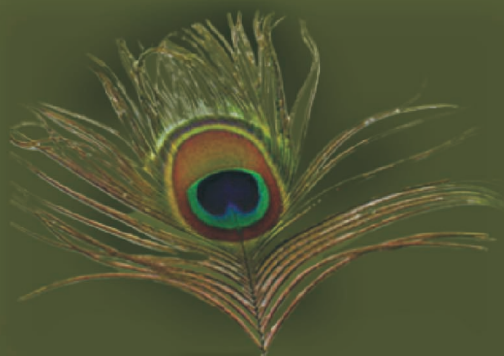


J.M. Mehta



The
Wisdom
of the
Gita

A Manual for Life



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The Wisdom of the Gita

...A Manual for Life

J.M. Mehta

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P r e f a c e

The Gita holds a unique position among the ancient scriptures of the world. Numerous commentaries have already been written on the Gita. However, despite its great importance, its living truths have not reached the teeming millions in India, who consider it more as an object of worship and reverence. Some excellent books written by outstanding and eminent persons have become either reference books in libraries or show-pieces in elite houses, educational and religious institutions. These books are also voluminous and high-priced and hence beyond the interest and access of an average Indian. Consequently the real teachings of the Gita have not percolated down the common masses.

Inspite of several books already available in the market, the humble writer of this book has a distinct purpose in bringing out yet another. This purpose is to help spread the wisdom of the Gita, among average English-knowing reader, by presenting a small, low-priced, easily understandable book, simple in language, succinct in approach and having a direct bearing on every-day life.

I have no knowledge of sanskrit which is the language of the original text. My acquaintance with the Gita has been through books written in English and Hindi, besides through talks and lectures heard in these languages. The thoughts contained in this book have been compiled on the basis of what I have read, heard, analysed and understood according to my capacity and limitations.

I also wish to add that I have no claim to erudition or originality in interpretation of these thoughts. Of course, I have tried to put these thoughts in a manner and language of my choice.

Having stumbled through vicissitudes of everyday life, I sincerely felt that there should be some compact guidelines to run through the rigours of life. One can hardly find better guidelines than those contained in the teachings of the Gita. The Gita transcends the boundaries of race, religion or country and contains divine wisdom, is beneficial for all mankind and for all times. It can help human beings in solving ever-existing problems of ignorance and bondage, love and hate, duty and action and so on. The Gita teaches the fundamentals of true religion, and as a fountain spring of wisdom, can serve as a manual for life, for all people, at all times.

—J.M. Mehta
New Delhi

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Some Famous Comments on The Gita

The Gita is a bouquet composed of the beautiful flowers of spiritual truths collected from the Upanishads.

—Swami Vivekananda

The Gita is the universal mother. I find solace in the Gita which I miss even in the sermon on the mount. When disappointment stares me in the face and all alone, I see not one ray of light, I go back to the Gita. I find a verse here and a verse there, and immediately begin to smile in the midst of overwhelming tragedies.

—Mahatma Gandhi

In the whole world of literature, there is no book so elevating and inspiring as the Gita. It is the source of all wisdom. It is your greatest guide. It is your supreme teacher. It is an inexhaustible spiritual treasure. It is an ocean of knowledge. It is a universal scripture for people of all temperaments and for all times.

—Swami Sivananda

The Gita was preached in order to give philosophical advice as to how one should live one's worldly life, with an eye to release the true duty of human beings in worldly life.

—B.G. Tilak

Its teaching is acknowledged as of the highest value. Its influence is not merely philosophic or academic but immediate and living, an influence both for thought and action, and its ideas are actually at work as a powerful shaping factor in the renewal of a nation and a culture.

—Aurobindo Ghosh

It is a means to lift the aspirant from the lower levels of renunciation, where objects are renounced, to the loftier heights, where desires are dead, and where the yogi dwells in calm and ceaseless contemplation, which his body and mind are actively employed in, discharging the duties that fall to his lot in life. It is a scripture of yoga which means harmony with the Divine law, becoming one with the Divine life, by the subdual of all outward going agencies.

—Annie Besant

The Gita is one of the clearest and most comprehensive summaries of the Perennial Philosophy, ever to have been done. Hence its enduring values are not only for Indians, but for all mankind.

—Aldous Huxley

The Gita is a handbook of instructions as to how every human being can come to live the subtle philosophical principles of Vedanta in the actual world. This is a great handbook of practical living.

—Swami Chinmayananda

The Bhagwad Gita is a valuable aid for the understanding of the supreme ends of life.

—Dr. S. Radha Krishnan

The Bhagwad Gita is one of the world-scriptures today. It guides the life of people all over the world.

—Divine Life Society

Sung by Lord Krishna, the Gita, drenched in ambrosial compassion, is the provider of initiation into duty, lessons of equanimity, alms of enlightenment and surrender, and is for the welfare of the mankind.

—**Swami Ramsukh Das Ji**

The Bhagwad Gita is a technique for dynamic living and not a retirement plan.

—**Swami Parthasarthy**



The Gita – Some Interesting Facts

- The full name is BHAGWAD GITA — which means the song of the Lord.
- The original text is in SANSKRIT — which is the oldest language and is considered as the mother of several languages.
- It is the greatest, poetical, spiritual discourse ever given in the history of mankind.
- It is believed that this discourse was given by LORD KRISHNA (believed to be incarnation of God) to his disciple and friend ARJUNA, around 5000 years ago.
- It is an intrinsic part of the epic of 'MAHABHARATA' and its authorship is attributed to RISHI VED VYASA.
- The Gita consists of eighteen chapters, containing a total of 700 VERSES (*Shlokas*). Arjuna spoke 84 *shlokas*, while Lord Krishna spoke 514 *shlokas*. The rest were by others.
- Numerous commentaries have been written on the Gita. The commentary by SANKARA is considered as the most ancient of the existing ones.
- The Gita has been translated into most languages of the world.

□